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No information is to be taken as medical or other health advice pertaining to any individual’s specific health or medical condition.

The University of California, Los Angeles strongly recommends that you consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs.

Do not start this fitness program (or any fitness program) if your physician or health care provider advises against it.

You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately. If you are having a medical or health emergency, call your health care professional, or 911, immediately.

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